

Wasatch County Senior Center: 435-654-4920 **Meal on Wheels (MOW) & Congregant Meals (CM)**

# February 2021

Please Reserve or Cancel Your Meal By 4:00 The Day Before. **CM: Lunch Served 11:30-12:15/Breakfast Served at 9:45-10:15**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>MOW: PORK CHOP,</b> Potatoes & Gravy, Carrots, Applesauce, Cookie & Roll	<b>2</b> <b>MOW: HOT DOG,</b> Pork-N-Beans, Corn, Potato Salad, Apple & Bun <b>CM: HOT DOG,</b> Pork-N-Beans, Corn, Potato Salad, Apple & Bun	<b>3</b> <b>MOW: LASAGNA,</b> Mixed Vegetables, Cottage Cheese, Pears & Garlic Toast	<b>4</b> <b>MOW: MEAT LOAF,</b> Potatoes & Gravy, Peas, Peaches & Roll <b>CM: MACORONI &amp; TOMATO SOUP,</b> Grilled Cheese, Pears & Chips	<b>5</b> <b>MOW: HAM,</b> Mac & Cheese, Green Beans, Pineapple Chunks & Roll
<b>8</b> <b>MOW: FISH,</b> Au Gratin Potatoes, Carrots, Peaches, Tartar Sauce & Roll	<b>9</b> <b>MOW: BACON CHEESEBURGER PASTA,</b> Green Beans, Pears & Roll <b>CM: MEAT LOAF,</b> Potatoes & Gravy, Green Beans, Peaches & Roll	<b>10</b> <b>MOW: SEASONED BAKES CHICKEN,</b> Rice Pilaf, Carrots, Tropical Fruit & Roll	<b>11</b> <b>MOW: MANDARIN ORANGE CHICKEN,</b> Stir Fry Vegetable, Egg Roll, Orange Wedge & Roll <b>CM: GRILLED CHICKEN BREAST,</b> Potatoes & Gravy, California Blend Vegetables, Strawberry Shortcake & Roll	<b>12</b> <b>MOW: CHEF SALAD W/ RANCH,</b> Grapes & Crackers
<b>15</b> 	<b>16</b> <b>MOW: SALISBURY STEAK,</b> Potatoes, Carrots, Peaches & Roll <b>CM: CHICKEN PARMESAN,</b> Red Potatoes, Green Beans, Mixed Fruit & Roll	<b>17</b> <b>MOW: CREAMY CHICKEN PASTA,</b> Green Beans, Banana & Roll	<b>18</b> <b>MOW: CHEESE ENCHILADA,</b> Spanish Rice, Beans, Orange Wedge, Chips & Salsa <b>CM: LASAGNA,</b> Corn, Salad W/ Ranch, Orange Wedge & Garlic Toast	<b>19</b> <b>MOW: CHICKEN CORDON BLEU,</b> Potatoes & Gravy, Peas, Mixed Fruit & Roll
<b>22</b> <b>MOW: CHICKEN FRIED STEAK,</b> Potatoes & Gravy, Carrots, Applesauce, Cookie & Roll	<b>23</b> <b>MOW: TACO SALAD W/ RANCH,</b> Peaches, Chips & Salsa <b>CM: **Breakfast @ 10:00**, PANCAKES,</b> Hashbrowns, Eggs, Bacon & Fruit	<b>24</b> <b>MOW: SPEGHETTI W/ MEAT SAUCE,</b> Corn, Cottage Cheese, Pears & Garlic Toast	<b>25</b> <b>MOW: CHICKEN PARMESAN,</b> Red Potatoes, Green Beans, Tropical Fruit & Roll <b>CM: FISH,</b> Potatoes & Gravy, Mixed Vegetables, Cole Slaw, Pineapple Chunks & Roll	<b>26</b> <b>MOW: TURKEY SANDWICH,</b> Potato Salad, Mixed Fruit & Chips



**SUGGESTED MEAL DONATIONS** The Suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those younger than 60 is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00